

MOUNTAIN VIEW SENIOR CENTER CLASS SCHEDULE

266 ESCUELA AVE, MOUNTAIN VIEW CA 94040 - 650-903-6330

SUMMER 2010



Registration information: It is noted in each column which Adult Education establishment is responsible for specific class registration. See below for specifics for registration.

MV-LA Three options for registration:

1. Visit Mountain View Los Altos Adult Education (MV-LA) at 333 Moffett Blvd, additional class description information is available through MV-LA
2. Call (650)-940-1333 with your credit card available.
3. or visit their website to register for this class at www.mvlaae.net

FOOTHILL- Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call (650)-949-7321.

VOLUNTEER – These classes are free and there is no need to register. Please just attend.

IN CLASS - Register for class with instructor.

EXERCISE CLASSES

| CLASS NAME | REG | DAY | DATES | TIME | FEE | ROOM | INSTRUCTOR |
|--|----------|------|-----------|-------------------------------|-----------|---------|-----------------|
| ADAPTIVE HATHA YOGA -Includes modificaitons of the postures, breath techniques, relaxation, mediation and cultivation of awareness and kindness towards ourselves. No class 7/5 | FOOTHILL | M/TH | 6/28-9/2 | 8:45-10AM | FREE | MULTI A | L.VEGA |
| FELDENKRAIS AWARENESS THROUGH MOVEMENT - Improve coordination and quality of movement naturally. This series of gentle movements will help you discover more comfortable and effective ways to complete everyday movements with more ease. Lessons involve small movements on the floor that relieve stress and contribute to a greater sense of well-being. Mats provided. | MV-LA | F | 7/9-8/13 | 10-11:15AM | \$39/\$49 | MULTI A | J. ELVIN |
| A LIFETIME OF STRENGTH, ENDURANCE AND FLEXIBILITY - Warm-up, walking aerobics, toning, and stretching. Learn to strengthen your body. No class 7/5 | FOOTHILL | M/TH | 6/28-7/22 | M-1-2:30PM TH 10-11:30AM | \$49 | MULTI A | S. LOHMANN |
| A LIFETIME OF STRENGTH, ENDURANCE AND FLEXIBILITY - Warm-up, walking aerobics, toning, and stretching. Learn to strengthen your body. | FOOTHILL | M/TH | 7/26-8/30 | M: 1-2:30PM TH: 10-11:30AM | \$49 | MULTI A | S. LOHMANN |
| LOW IMPACT AEROBICS - This class will provide a full cardiovascular workout. The class will be aimed at those who want to lower fat, cholesterol, blood pressure and have fun! There will be low impact movement set to music and paired with easy walking patterns. | FOOTHILL | T/TH | 6/29-7/22 | 1-2:20PM | \$49 | MULTI A | D. ARNOLD-AMMON |

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| QIGONG, EVENING - Qigong combines slow graceful movement with mental concentration and breathing to increase strength, balance and coordination which enhances the immune system and reduces physical and mental stress. It is gentle and thus great for even those who are physically limited. | MV-LA | W | 7/7-8/11 | 5:30-7PM | \$39/\$49 | MULTI A | L. SIMS |
| QIGONG, MORNING - Qigong is a beautiful, flowing combination of movements and breathing techniques that stimulate energy flow. Promotes your natural resiliency to stress and illness. We start the class with energy tapping followed by 18 qigong movements, meridian brush to direct meridian flow. At the end, we practice T'ai Chi. | IN CLASS | TH | ONGOING | 10-11:30AM | \$10/MO | COMMUNITY CENTER OUTDOOR STAGE | O. WANG |
| STRONG FOR LIFE - Strong for Life is a muscle strengthening program designed for older adults. The program consists of a set of 10 core exercises involving the trunk and the upper/lower extremities. All exercises are done in either a sitting or standing position using Theraband elastic exercise bands. Pick up the enrollment and physicians clearance forms from the instructor. | VOLUNTEER | T | ONGOING | 10:30 - 11:15AM | FREE | DANCE AND MOVEMENT ROOM | TBA |
| TAI CHI - This class fosters positive mind-body skills, processes, and events. T'ai Chi is an ancient Chinese martial art form that was developed to enhance both physical and emotional well-being. Many people who practice T'ai Chi indicate that they feel more peaceful and relaxed after the workout. No class 7/5 and 9/6 | IN CLASS | M | ONGOING | 10:15AM-12PM | \$12/MO | MULTI A | O. WANG |

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| THERAPEUTIC YOGA FOR SENIORS - This class will focus on gentle therapeutic exercises for the whole body. Breathing, relaxation techniques, concentration improvement, stress and anxiety management will be taught based on classical Rajyoga philosophy. Benefits of this class are joint flexibility, strength, endurance, higher energy level and breathing improvement. NO CLASS 6/30-8/18 | VOLUNTEER | W | ONGOING NO CLASS 6/30-8/18 | 10-11:15AM | FREE | DANCE AND MOVEMENT ROOM | N. SUBRAMANIAN |
| WORKOUT ON BROADWAY - Tired of the same old exercise routine? Join our "chorus line" as we move our way into fitness with rhythmic choreographed exercises to Broadway tunes and popular music. Improve your mind, body, and memory while building strength, agility, breath control, stamina, grace and coordination. Workout attire and leather-soled shoes recommended (no taps). Instructor Marnie Ridgway has over 30 years experience dancing and getting in shape! | MV-LA | T/TH | 7/6-8/12 | 1-2:15PM | \$49/\$59 | DANCE AND MOVEMENT ROOM | M. RIDGWAY |

COMPUTER CLASSES

| CLASS NAME | REG | DAY | DATES | TIME | FEE | ROOM | INSTRUCTOR |
|--|-------|-----|-----------|--------|-----------|---------|------------|
| DIGITAL SCRAPBOOKING - Use hands-on activities to learn how to acquire, organize and edit pictures for digital scrapbooking. Create digital pictures of special events using Photoshop elements. Please bring your digital camera to class. Prerequisite: Meet the PC or equivalent, knowledge of word processing and some experience with Internet. | MV-LA | M/W | 7/12-7/21 | 9-11AM | \$29/\$39 | TECH RM | A.CHAN |
| GETTING CONNECTED WITH FACEBOOK - Expand your social network and make new friends with the Facebook web-based application. Learn how to stay connected with friends and family by creating your very own Facebook page. Learn how to upload pictures to create online photo albums to share and enjoy with others. Prerequisite: Meet the PC or equivalent. | MV-LA | M/W | 7/26-8/4 | 9-11AM | \$29/\$39 | TECH RM | M. SINGER |

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| DIGITAL PHOTOGRAPHY - If you have read your camera manual, and understand the camera's basic operation, but would like to know more about the digital process or want to produce better quality images, this is the class for you. Students will start with a short review of the basics of digital camera operations and then move on to explore the creative side of photography using these skills. Class time will be spent discussing fundamental elements of photography, pictorial composition, and photographic problem solving, and will include an introduction to editing photographs using Photoshop Element-type editors. Plan to attend a photo field trip on Saturday, July 24, from 9:00AM to 1:00PM. Instructor: Lou Beaudet has won many awards for his photos and is past president of the Camera Club of Los Altos and Mid-Peninsula Photographic Alliance. | MV-LA | T | 7/6-8/10 | 7-9PM | \$25 | TECH RM | L. BEAUDET |

ART AND MUSIC CLASSES

| CLASS NAME | REG | DAY | DATES | TIME | FEE | ROOM | INSTRUCTOR |
|---|-----------|-----|----------|----------|--------------------------|------------------|--------------------|
| CERAMICS - SMALL SCULPTURE - Learn techniques, by hand and on the wheel, to build clay sculptures. Finishes for sculptures will be explored. Students will have completed pieces at the end of the session. Beginning students welcome. *Materials fee of \$20 for clay and glaze payable to teacher at first class. | MV-LA | W | 7/7-8/11 | 9AM-12PM | \$49/\$59 + \$20 Fee | ARTS + CRAFTS RM | C. MACPHERSON |
| CERAMICS, BASIC TECHNIQUES - Have fun learning various techniques of clay work such as pinch pot, slip and score, slab, coil, as well as throwing on the wheel and glazing. Students of various abilities will work on their own projects with teacher assistance. At the end of the quarter they will have completed pieces to take home. *Materials furnished for small fee. | MV-LA | W | 7/7-8/11 | 1-4PM | \$49/\$59 + material fee | ARTS + CRAFTS RM | C. MACPHERSON |
| KARAOKE: DROP IN - Come to entertain or be entertained! Karaoke equipment will be provided, bring your own disc if you have one. The majority of discs are provided by instructors and are in Chinese. | VOLUNTEER | T | ONGOING | 1-4PM | FREE | ARTS + CRAFTS RM | J. LIANG + C. CHOW |

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| CHINESE CHORUS - The Evergreen Chorus of Northern California consists of 30-40 Chinese American Seniors who love to sing. Chinese classical, popular and folk songs are practiced once a week and performed at local communities and special events. Come join our group. | VOLUNTEER | T | ONGOING | 2:30-4:30PM | FREE | MULTI A | C. ZHOU |
| CHORUS - Do you like to sing? Join our performing chorus; all abilities welcome! Have fun while learning vocalizing and sight singing techniques in a range of music styles from popular show tunes to light classics. *Music fee of \$20 collected at first class. | MV-LA | W | 7/7-8/11 | 9:30-11:30AM | \$49/\$59 + \$20 fee | MULTI A | M. RIDGWAY |
| CREATIVE STITCHERY - You are welcome to bring your own stitchery project, or you might want to learn one of the interesting needlework or crafts being taught. New students are welcome! No class 7/5 and 9/6 | VOLUNTEER | M | ONGOING | 9AM-12PM | FREE | ARTS + CRAFTS RM | J. FERREIRA |
| DRAWING AND WATERCOLOR - Basic concepts of drawing and painting in watercolor. Students will explore color mixing and application, composition and detail. Many demonstrations. Seascapes, landscapes and floral will be emphasized. Materials list available at first class. | MV-LA | T | 7/6-8/3 | 9AM-12PM | \$49/\$59 | ARTS + CRAFTS RM | B. DIXON |
| FIGURE + PORTRAIT DRAWING - This is your opportunity to receive quality instruction while drawing portraits and figures of live, clothed, professional models! Instruction will be individualized; class is open to all levels and abilities. A variety of media will be explored: pencil, charcoal, conte crayon and inks. *\$45 model fee payable to instructor at first class meeting. | MV-LA | TH | 7/8-8/5 | 1-4PM | \$49/\$59 + \$45 fee | ARTS + CRAFTS RM | K. YOUNG |
| KNITTING + CROCHETING CLUB - Join this group of knitting and crocheting enthusiasts; create fun projects and make new friends. Bring your own yarn or use some of ours to make caps, booties or afghans for needy children and seniors. Or, work on projects of your own. All skill levels are welcome. | VOLUNTEER | W | ONGOING | 1-3:30PM | FREE | MULTI B | J. BAUMGARDNER |

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| ORCHESTRA, SOUTH BAY COMMUNITY ORCHESTRA -This full senior orchestra is devoted to serving the community by performing at senior centers, retirement homes and rehabilitation centers. Music includes classical and pop styles. If you play an orchestra instrument, join us. For more information, write to sbc-orchestra@earthlink.net . | MV-LA | W | 7/7-8/11 | 1-4PM | \$49/\$59 | MULTI A | S. MACY |
| PAINTING CLUB - Open to any senior who paints in oil and acrylic and is looking for a time and place to work with others. A studio atmosphere will be maintained of mutual support and friendship. This is a drop in club with no formal instruction. All are welcome!! | VOLUNTEER | W | ONGOING | 9AM-12PM | FREE | MULTI B | K. KOSHGARIAN |
| WOODCARVING: DROP IN - A friendly informal class for beginning and more experienced carvers. The goal of this class is to become more knowledgeable about the types of woods, finishes and skills applicable to this craft. No class 7/5 and 9/6 | VOLUNTEER | M | ONGOING | 1-4PM | FREE | ARTS + CRAFTS RM | J. HUNTING |

DANCE CLASSES

| CLASS NAME | REG | DAY | DATES | TIME | FEE | ROOM | INSTRUCTOR |
|---|-----------|-----|---------|----------|------|-------------------------|------------|
| CHINESE FOLK DANCING GROUP - You are warmly welcomed to our group for friendship, joy, happiness and health of our mind and body. We practice Chinese folk dances twice a week and several performances annually. No class 7/5 and 9/6 | VOLUNTEER | M/W | ONGOING | 7-9PM | FREE | DANCE AND MOVEMENT ROOM | TBA |
| CHINESE FOLK DANCING GROUP - You are warmly welcomed to our group for friendship, joy, happiness and health of our mind and body. We practice Chinese folk dances once a week and several performances annually. | VOLUNTEER | F | ONGOING | 2-4:30PM | FREE | DANCE AND MOVEMENT ROOM | W. TANG |
| LINE DANCING - Enjoy an hour of line dancing with other line dancers. No partner needed. | VOLUNTEER | F | ONGOING | 1-2PM | FREE | MULTI A | J. LIANG |

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| SOCIAL DANCE CLUB - This club plays American, Chinese and South American music from the 50s, 60s and 70s. The types of dance music include the Cha Cha, Fox Trot, Rumba, Swing, Tango and Waltz. Come join our Monday night "Dancing with the Oldies" and dance the night away. No class 7/5 and 9/6 | VOLUNTEER | M | ONGOING | 7-9PM | FREE | MULTI A | D. WU |
| SQUARE DANCING - Join this lively class for square dance instruction and dancing. All levels welcomed. No partner needed. | VOLUNTEER | F | ONGOING | 2:15-3:15PM | FREE | MULTI A | A. KNOPPE |

EDUCATIONAL CLASSES

| CLASS NAME | REG | DAY | DATES | TIME | FEE | ROOM | INSTRUCTOR |
|--|-----------------------------------|-----|-----------|--------------|-----------|------------|-------------|
| LETTERING, INTRO - This is an introduction to using a broad edged pen using Uncial letterforms. Students need to bring pen, paper and ink to first class. Supply list will be sent via email after registration. | MV-LA | T | 7/6-7/27 | 9AM-12PM | \$49/\$59 | MEETING RM | S. FRANK |
| MEMOIRS WRITING - Writing one's memoirs is an exciting and effective way to sort out and record the experiences that will be your legacy to future generations. This class will give you the opportunity to review writing techniques and receive constructive criticism from students and teacher. | MV-LA | TH | 7/8-8/12 | 12:30-3:30PM | \$49/\$59 | MEETING RM | S. HALLORAN |
| LIVING WELL WITH CHRONIC CONDITIONS - Learn how to self manage your health in this 6 week class. You will learn how to effectively communicate with family/friends/physicians, develop and maintain an exercise program, eat healthy and manage stress, and manage medications appropriately. | MV SENIOR CENTER FRONT DESK | M | 7/12-8/16 | 2-4:30PM | FREE | MEETING RM | STANFORD |

LANGUAGE CLASSES

| CLASS NAME | REG | DAY | DATES | TIME | FEE | ROOM | INSTRUCTOR |
|--|-----------|-----|---------------------------------------|-----------|------|------------|----------------------|
| ENGLISH ADVANCED CONVERSATION - Come join this group to practice your English conversation skills in a relaxed setting. | VOLUNTEER | F | ONGOING, NOT MEETING 7/9-9/3 | 1PM - 3PM | FREE | MEETING RM | N. ROSS E. MURRAY |